<u>Abstract</u>

A method for forming a moulding from a flat sheet (1) of plastic material, comprising the following steps:

- mounting the sheet (1) in and/or on a frame (2) that extends along at least part of the edges (4) of the sheet (1),
 - temporarily fixing the sheet (1) to the frame (2) by means of at least one clamp (3) that engages on the sheet (1),
 - placing the sheet (1) with frame (2) in a press,
- heating the sheet (1),
 - deforming the sheet (1) in the heated state by activating the press,
 - making the clamp (3) move relative to the sheet (1) during pressing.

(encl. Fig. 1)